



WASHOE COUNTY

SENIOR NEWS AND EVENTS

July 2016

MovieTime

NEW!! Afternoon Matinees in the Senior Center Library

Join Washoe County Library staff Thursday July 21st at 1:30 to enjoy *The Finest Hours* starring Chris Pine, Casey Affleck and Ben Foster. The movie shares the story of the Coast Guard making a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952. (Based on a true story) Matinees will be shown the third Thursday of each month.

GET SENIOR NEWS AND UPDATES FASTER

E-mail!

If you would like to have timely updates on senior issues, the monthly newsletter or menu delivered to your email it is as easy as subscribing to the Senior Issues email! To subscribe visit https://www.washoecounty.us/county_news_subscriptions.php enter your information and click submit. If you currently receive your newsletter via email you will receive an email with the newsletter and menu the week of June 27th.



**ALL WASHOECOUNTY SENIOR CENTERS
WILL BE CLOSED ON MONDAY, JULY 4,
IN OBSERVANCE OF INDEPENDENCE DAY**



WASHOE COUNTY SENIOR SERVICES

RENO ♦ 1155 E. NINTH STREET, Bldg. E, 89512 ♦ 328-2575
SPARKS ♦ 97 RICHARDS WAY, 89431 ♦ 353-3110
SUN VALLEY ♦ 115 W 6TH AVENUE, 89433 ♦ 673-9417
COLD SPRINGS ♦ 3355 WHITE LAKE PKWY, 89508 ♦ 971-8542
GERLACH ♦ 385 E. SUNSET BLVD, 89412 ♦ 1-775-557-2206



SENIOR TAX ASSISTANCE REBATE (STAR) PROGRAM

State of Nevada Aging and Disability Services Division has announced the return of the senior property tax rebate (STAR) Program. The program provides a rebate of up to \$500 on property taxes paid by seniors who meet the following qualifications:

- ♦ **AGE:** Must be 65 years of age on or before June 30, 2015.
- ♦ **INCOME:** Maximum 2015 income from all sources - individual, \$23,540; claimant and spouse - \$31,860.
- ♦ **RESIDENCY:** must have lived and paid property taxes, continuously, in Nevada from at least July 1, 2015 and be a full time Nevada resident at the time of application. .
- ♦ A residence with an assessed value greater than \$500,000 will require a credit report of the claimant and spouse.
- ♦ Claimant or spouse cannot own, or their names appear on, any property anywhere other than their residence.
- ♦ Claimant and/or spouse cannot have “liquid assets” in excess of \$150,000. This can be checking or savings accounts, IRAs, CDs, stocks and bonds, annuities, etc.
- ♦ Application must be filed with the State of Nevada Aging and Disability Services Division by September 30, 2016.

There are very specific requirements for documentation that must accompany the application. For a copy of the program guidelines and an application please visit the ADRC office at the Reno Center, the Access to Health Care office at Reno Town Mall, 4001 S. Virginia, Suite F, or call the ADSD office at 687-1741, 687-1742 or 687-1743.

Grief Support Group

If you have lost someone close to you, you may find there are not many people who understand the deep hurt you feel. Join this support group so you don't have to go through the grieving process alone. Hosted by Renown Hospice Care and led by Fr. Karry Crites

**First and Third Tuesdays, 2:00PM, Sparks Center
Second & Fourth Wednesdays, 6:30PM, Reno Center**

Eye Disease/Low Vision Resources

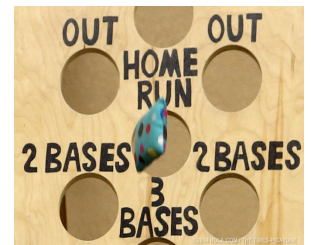
Meet with Harold Blethen of Visionscope Institute for information on how to live with low vision and eye diseases, nutrition, treatment options, causes and prevention of eye diseases and the latest technology available to assist you. For more info call 775-351-7379

**First Tuesdays, July 7 and July 5, 9:30AM
Reno Center Lobby**

Let's Play Baseball!

Want to get some exercise and have fun doing it? Join us at the Reno Center for Bean Bag Baseball. Get out, meet some new friends and have some fun! (Bean Bag Baseball is also a part of the Senior Games, so start practicing to be a participant this year.)

**Every Wednesday and Friday Afternoon, 2:00PM - 3:30PM,
Reno Center MultiPurpose Rm.**



Sanford Center for Aging

Senior Outreach Services Needs Volunteers

Your weekly visit could mean the world to a frail elder living alone. Volunteers are needed to assist Washoe County's most vulnerable, low-income elders (60+ years_ for 2 or more hours per week to be their friend. SOS volunteers offer companionship and provide rides for shopping, to pick up a prescription or to doctor's appointments (must own a car). Volunteers **do not** clean, bathe, manage finances or give medications. Training is provided. To volunteer or for more information, contact Sina Ward at 784-7506 or sinew@unr.edu.

Washoe County Senior Services Food Distribution Programs and Other Services

- For more information call 328-2575

USDA Commodity Food Distribution Reno Center, Thursday, JULY 7, 2016, 8:00AM – 10:00AM. Gross monthly income limits are: \$1,471.25 (one person) or \$1,991.25 (two people). First Thursday, odd months only. Next distribution September 1.

Emergency Food Pantry – Reno Center, Third Tuesday - JULY 19, 9:00AM. **Be here at 8:00AM.** Gross monthly income limits are: \$1,287/mo. (one person) or \$1,736 (two people). Only one set of bags per household; limited to the first 300 people. **ID and Proof of Income REQUIRED.**

Food Bank Truck (CSFP) Reno Center inside - Third Thursday, JULY 21, 9:00 - 11:00AM; **Sparks – Second Tuesday, JULY 12, 11:45AM - 12:30PM** at Sparks Parks & Rec, 98 Richards Way; **Sun Valley – Third Wednesday, JULY 20, 9:00 - 10:00AM.** For all sites: Gross income limits are: \$1,287(one person), or \$1,736 (two people). Sign up at distribution. **ID and Proof of Income REQUIRED.**

Food Stamp (SNAP) Assistance Reno Center, 1st & 3rd Thurs, JULY 7 & 21, 8:00AM - NOON.

Washoe Senior Ride – Taxi Subsidy (“Taxi Bucks”). Purchase a book of \$20 worth of Taxi Bucks for \$10, with a maximum of 2 books per month. Program requirements are: age 60+ *or* RTC Access rider *or* veteran of any age. Must be a Washoe County resident with household income below \$45,000 per year. **Sign up in person at Central Reception, the Reno Center.**



Aging and Disability Resource Center (ADRC) Services

Access to Healthcare Network (AHN) provides information and referral, benefits and options counseling, and help applying for programs such as Low Income Energy Assistance (LIHEA) and ATT Lifeline. For more information, call **AHN: 1-877-861-1893**, or visit the Reno Center for assistance, Mondays, Tuesdays and Wednesdays 8:00AM - 5:00PM.



Transportation Services for Health Care Needs AHN in partnership with RTC and Washoe County offers medically-related transportation free of charge for eligible county residents. To be eligible, you must be a Washoe County resident, and must meet **one or more** of the following criteria:

- * **Age 60 or above**
- * **Disabled**
- * **Meet income guidelines**

Transportation examples: Appointments with a health care provider or activity such as physical therapy; getting home from the hospital; getting to and from outpatient procedures; picking up medications or medical equipment; stopping by a designated Walmart for groceries. **Call 1-844-469-4932** for details.

Blood Pressure Checks Across the County

Cold Springs Community Center
2nd Monday July 11 11:00AM - 1:00PM

Neil Road Recreation Center
3rd Friday July 15 10:00AM - NOON

Sun Valley Senior Center
4th Friday July 22 10:00AM - NOON

Gerlach Senior Center *Odd months*
2nd Wed. July 13 11:00 - 1:00PM

Sparks Senior Center
2nd Friday July 8 11:00AM - 1:00PM

Washoe County Senior Center
Tuesdays 9:00AM - 11:00AM and
Thursdays 9:00AM - 11:00AM



AARP DRIVER SAFETY

Classes at multiple locations. Call Carol Broady for information and to register: **(775) 851-4550**



VETERANS SERVICE OFFICER (VSO) JULY 2016

Washoe County Sr Ctr	1st Mon	9:00-NOON	Holiday
Cold Springs Comm Ctr	3rd Mon	10:00-2:00PM	July 18
Neil Rd Rec Center	3rd Tue	9:00-NOON	July 19
Sparks Senior Center	2nd Wed	9:00-NOON	July 13
Sun Valley Sr Center	3rd Thu	9:00-NOON	July 21
Gerlach Senior Center	Last Wed	9:00-1:00PM	July 27





MONTHLY SENIOR LAW PROJECT SEMINARS

Held once a month on Mondays 2:30-4:30 PM

Wills and Estate Planning - **July 11**

Living Wills/Power of Attorney – **July 25**

Pre-register for these Senior Law Project seminars at: (775) 334-3050

ARE YOUR MEDICATIONS MAKING YOU SICKER?

The Medication Therapy Management program will review your entire drug regimen (RX drugs, over-the-counter meds, vitamins and supplements) for safety and effectiveness at no charge. Participation is limited and you must be: **Nevada resident, age 60 or older AND taking 5 prescription drugs or more.** For details please call Greta Engelbrecht, Sanford Center for Aging, UNR (775) 784-1612 or gengelbrecht@unr.edu.



WASHOE COUNTY CONTACT INFORMATION

NEVADA STATE INFORMATION SERVICE	211
NEVADA CARE CONNECTION RESOURCE CTR (Access to HealthCare Network).....	1-877-861-1893
ACCESS TO HEALTH CARE NETWORK (AHN) 4001 S Virginia St, Ste F	284-8989
STATE OF NEVADA AGING AND DISABILITY SERVICES DIVISION.....	687-0800
ADULT DAY CARE: DAYBREAK, WASHOE COUNTY SENIOR CTR.	328-2591
ALZHEIMER'S ASSOCIATION 1301 Cordone Ave, Reno 89509, Suite 180.....	786-8061
CARE CHEST 7910 N. Virginia Street, Reno, 89506.....	829-2273
CATHOLIC CHARITIES 500 E Fourth St, Reno, 89512.....	786-5266
COMMUNITY HEALTH ALLIANCE (CHA) (was HAWC), 1055 South Wells, Reno 89509	329-6300
COMMUNITY SERVICES AGENCY 1090 East 8th, Reno 89512.....	786-6023
The CONTINUUM & MOD SQUAD HOME SAFETY PROGRAM.....	829-4700
CRISIS CALL CENTER & SUICIDE PREVENTION	1-800-273-8255/784-8090
<i>ELDER PROTECTIVE SERVICES (to report elder abuse)</i>	1-888-729-0571
FOOD BANK of NORTHERN NEVADA (CSFP Truck).....	331-3663
GAMBLERS ANONYMOUS	356-8070
HOPES COMMUNITY HEALTH CENTER, 580 West 5th, Reno, 89503	786-4673
KIDS TO SENIORS KORNER (K2K) 224 Edison Way, Ste 200, Reno.....	858-5251/5253
NATIONAL ALLIANCE ON MENTAL ILLNESS—NAMI Nevada, resource line.....	329-3260
NEVADA WELFARE AND SOCIAL SERVICES.....	Reno 684-7200; Sparks 824-7400
NORTHERN NEVADA CENTER FOR INDEPENDENT LIVING, 999 Pyramid Way	353-3599
RTC ACCESS TRANSPORTATION SERVICES Information	348-0477
REMSA NURSE HEALTH LINE.....	858-1000
RENOWN HEALTH CARE CENTER, Medicaid Clients Only, 21 Locust, Reno	982-5270
RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP), M-F 9:00AM-4:00PM	784-1807
SANFORD CENTER FOR AGING	784-4774
SENIORS IN SERVICE, Senior Companion, Foster Grandparents, SIS Respite Voucher Program.....	358-2322
SENIOR EMPLOYMENT AARP Senior Community Services Employment Program	323-2243
SENIOR EMPLOYMENT/DETR - Nevada Job Connect.....	Reno - 284-9600, Sparks - 284-9520
SENIOR LAW PROJECT M-F 8:30AM-NOON, 1:00-5:00PM.....	334-3050
SENIOR OUTREACH SERVICES (SOS) Companion Program.....	784-7506
SENIOR SAMPLER at the Assistance League, 1701 Vassar St.....	324-2003
SHIP (STATE HEALTH INSURANCE ASSISTANCE PROGRAM)	1-800-307-4444
SOCIAL SECURITY ADMINISTRATION 1170 Harvard Way, Reno.....	1-888-808-5481
VA SIERRA NEVADA MEDICAL CENTER 1000 Locust St., Reno.....	786-7200
VA MEDICAL BENEFITS INFORMATION, 1000 Locust St.	328-1293
VETERANS CRISIS HOTLINE	1-800-273-TALK (8255)
US DEPT. OF VETERANS AFFAIRS 5460 Reno Corporate Drive, Reno	1-800-827-1000
NV OFFICE OF VETERANS SERVICES 5460 Reno Corporate Drive, Reno	321-4880
N. NV VETERANS RESOURCE CENTER 419 W. Plumb Lane, Reno.....	284-8387
RENO VET CENTER Counseling Services for Vets, 5580 Mill St, Ste 600, Reno.....	323-1294
WASHOE COUNTY LIBRARY, SENIOR CENTER BRANCH Tue.- Fri. 9:00AM-1:00PM.....	328-2586



'I HAVE ACCESS'



Veterans Crisis Line

